

a forefoot portion of the torsion system spanning substantially the entire forefoot area of the sole from a midtarsal area to a toe area and from a lateral side to a medial side, the forefoot portion having a generally smooth concave contour along the longitudinal axis;

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a rearfoot portion of the torsion system spanning substantially the entire rearfoot area of the sole from the midtarsal area to a heel area and from the lateral side to the medial side; and

an intermediate portion of the torsion system coupling the forefoot portion and the rearfoot portion, and constructed of a material and configured to allow, in a pre-selected manner, rotation of the forefoot portion relative to the rearfoot portion about the longitudinal axis, wherein the intermediate portion includes a rib that projects beyond an adjacent surface of the torsion system.

21. (Four times amended) A cycling shoe including a sole with a forefoot area and a rearfoot area and a torsion system, the torsion system comprising:

a sole plate rigid in a horizontal plane and including a longitudinal axis, the sole plate comprising:

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a forefoot portion of the sole plate spanning substantially the entire forefoot area of the sole from a midtarsal area to a toe area and from a lateral side to a medial side, the forefoot portion having a generally smooth concave contour along the longitudinal axis;

a rearfoot portion of the sole plate spanning substantially the entire rearfoot area of the sole from the midtarsal area to a heel area and from the lateral side to the medial side; and

an intermediate portion of the sole plate coupling the forefoot portion and the rearfoot portion and constructed of a material and configured to allow, in a pre-selected manner, rotation of the forefoot portion relative to the rearfoot

portion about the longitudinal axis, wherein the intermediate portion includes a rib that projects beyond an adjacent surface of the sole plate.

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23. (Amended) The cycling shoe of claim 21, further comprising an upper.

24. (Amended) The cycling shoe of claim 21, further comprising an outsole.

25. (Amended) The cycling shoe of claim 21, further comprising a cleat attachment system disposed on the forefoot portion.

Please add the following claim:

26. (New) A torsion system for a cycling shoe including a sole with a forefoot area and a rearfoot area, the torsion system including a longitudinal axis and comprising:

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a forefoot portion of the torsion system spanning the forefoot area of the sole, the forefoot portion having a generally smooth concave contour along the longitudinal axis;

a rearfoot portion of the torsion system spanning the rearfoot area of the sole; and

an intermediate portion of the torsion system coupling the forefoot portion and the rearfoot portion, and constructed of a material and configured to allow, in a pre-selected manner, rotation of the forefoot portion relative to the rearfoot portion about the longitudinal axis, wherein the intermediate portion includes a rib that projects beyond an adjacent surface of the torsion system.
